



# COPING WITH COVID-19

1

**MANAGING  
THE SHOCK  
&  
AFTERSHOCK  
OF COVID-19:**

2

**MANAGING  
YOUR TIME  
DURING  
COVID-19:**

3

**RESOURCES  
&  
THERAPIES**

A woman with long dark hair is lying on her back on a dark mat with a starry pattern. She is wearing a white tank top and a grey t-shirt. Her eyes are closed, and her arms are raised. The mat is on a light-colored wooden floor. In the foreground, there are three white candles, a wooden tray with a lit candle, and a small white object.

# RESOURCES & THERAPIES:

# GETTING SUPPORT

When you need it most

1

## HUMAN CONNECTION

Studies show that Isolation can be deadly, especially for the elderly. So, if you know anyone who is isolated in quarantine, reach out to them.

And if that's you, be sure to simulate human contact with self soothing (described above), animal therapy (if available), and connecting with loved ones online via video chats.



2

## ADDICTION SUPPORT

When everything stops, sometimes our vices amp up. Whatever we typically use as coping mechanisms really stand out now.

So, if you' are struggling with addiction or alcoholism, release the shame and simply reach out for help:

**[Addictions Treatment Helplines \(Canada\)](#)**  
**[National Drug Helpline \(US\)](#)**



3

## ABUSE SUPPORT

This is also a time when our fears, anger, and loss of control can bring out domestic violence, and we are seeing a reflection of this statistically now.

So, if you are experiencing abuse, get help at:

**[Ending Violence \(Canada\)](#)**  
**[National Domestic Violence Hotline \(US\)](#)**



4

## FINANCIAL SUPPORT

Whether you're a small business owner or an employee there are lots of government grants, loans and resources available at this time (albeit maybe not as much as you'd like). Check out what's available for you here:

**[Government Support \(Canada\)](#)**  
**[Government Support \(US\)](#)**



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## BREATHWORK

Mental health might seem like the first thing to go out the window, but it's one of the things that's going to help you through no matter what happens next.

Transcend Breathwork is available for 1:1 private CCB breathwork sessions online.

**[Click here to connect.](#)**



TRANSCEND  
breathwork